



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35195, Cattail, Narrow Leaf Shoots (Northern Plains Indians)

Report Date: July 16, 2017 13:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	92.65	2	--	92.29	93.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Energy	kcal	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	106	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein ¹	g	1.18	2	--	0.76	1.6	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Total lipid (fat) ¹	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Ash ¹	g	1.03	2	--	0.99	1.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	5.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary ¹	g	4.5	2	--	4.4	4.6	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Sugars, total ¹	g	0.22	2	--	0.22	0.22	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Sucrose 1	g	0.07	2	--	0.07	0.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) 1	g	0.07	2	--	0.07	0.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Fructose 1	g	0.07	2	--	0.07	0.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Lactose 1	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Maltose 1	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Galactose 1	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Starch 1	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Minerals													
Calcium, Ca 1	mg	54	2	--	38	70	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Iron, Fe 1	mg	0.91	2	--	0.3	1.52	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Magnesium, Mg 1	mg	63	2	--	31	95	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Phosphorus, P 1	mg	45	2	--	36	54	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Potassium, K 1	mg	309	2	--	258	359	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Sodium, Na 1	mg	109	2	--	73	144	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Zinc, Zn 1	mg	0.24	2	--	0.2	0.29	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Copper, Cu 1	mg	0.041	2	--	0.03	0.05	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Manganese, Mn 1	mg	0.760	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Selenium, Se 1	µg	0.6	2	--	0.3	0.8	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.7	2	--	0.7	0.7	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Thiamin 1	mg	0.023	2	--	0.01	0.04	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Riboflavin 1	mg	0.025	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Niacin 1	mg	0.440	2	--	0.33	0.55	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Pantothenic acid 1	mg	0.234	2	--	0.15	0.32	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin B-6 1	mg	0.123	2	--	0.09	0.15	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Folate, total 1 a	μg	3	2	--	2	4	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Folate, food 1	μg	3	2	--	2	4	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Choline, total 1	mg	23.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine 1	mg	1.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	μg	1	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, beta 1	μg	6	2	--	5	7	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Carotene, alpha 1	μg	0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Cryptoxanthin, beta ¹	µg	0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin A, IU	IU	11	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lycopene ¹	µg	0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Lutein + zeaxanthin ¹	µg	76	2	--	50	101	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) ¹	µg	22.8	2	--	21.6	24	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD

Footnotes

^a Includes only 5-methyltetrahydrofolate.